

# Conservation Global Schliersee Workshop - May, 25-28th 2012



Qigong – the Steady Care of Life Energy:

A Discourse on

the History of Qigong, How it Works, and its Benefits

## Definition of Qigong

- „Qi“ in Chinese philosophy and medicine stands for the „moving and vital power of the body“, and has the meaning of „breath, energy and aura“.
- „Gong“ as a Chinese term means „work“, but also „ability“ or „skill“.
- Therefore one can translate Qigong in „steady work on Qi“ or „the skill to cultivate vital energy“.

# Qigong, the Steady Care of Life Energy



# History of Qigong

- Qigong is an integral part of Traditional Chinese Medicine.
- The oldest traditional work on Chinese Medicine is „The Yellow Emperor’s Classic of Internal Medicine – Simple Questions“, published 100 B.C. in Beijing.
- The source of the exercises have been mentioned by Zhuanzi, a chinese philosopher and poet, 365 B.C.
- Silk pictures are existing from the Han-Dynasty (206 B.C. to 220 AD).



**Qigong** exercises on a **silk** scroll, c. 168 BC, found in the tomb at Mawangdu



- The term „Qigong“ was mentioned by the daoist Xu Xun of the Jin-Dynasty (265- 420) describing certain exercises in the martial arts.
- In the history of China „Qigong“ as a practice of health care has always played a big role, but was also used for religious-mental means, especially in Daoism, Buddhism and Confucianism, and passed down in monestaries.
- After the revolution (1911) and in the Kuomintang-System (1927) under dictator Chiang Kai-shek, TCM and Qigong were not valued and disqualified as charlatanism. European Medicine and TCM compete against each other.
- The victory of the communists (1949) led to new a evaluation of the healing arts and to promotion of TCM. European medicine and TCM are meant to complement each other.
- Today „Qigong“ exists in different arts of styles, partly brand new developments, which are based on the thousand year-old traditions.

## How it works

„Intent moves Qi, Qi moves blood, and blood cares for the oxygen supply in the body“.



Qigong's active exercises can be described as a slow form of martial arts, whereby every part of the body is being exercised at the same time in a gentle way.

Images play a role, which help to comprehend the complexity of the Movements.



太極一家 萬源同流



# „Build the Well before You are Thirsty“

(Care for Your Body-Mind,  
Before You get Sick)



# Its Benefits

- Stimulates circulation
- Deepens the breath
- Stretches and strengthens the body
- Makes the muscles supple

- Has a beneficial effect on the spine
- Calms activity in the brain and nervous system
- Exercises are easy to learn and are supplemented by invigorating self massage (acupressure)
- The most important result is the balancing effect on body, mind and soul, along with sensations of calmness and serenity.

# Practice at Conservation Global

## Exercises:

- Tapping the Meridians
- Circling the Joints
- „Return of Spring“
- 18 health exercises

## Comment of Participant:

*„2 days of Qigong  
lets my souls sing again“*

*Lets pratice! 😊*

